

**[0036]** While the foregoing specification has been described with regard to certain preferred embodiments, and many details have been set forth for the purpose of illustration, it will be apparent to those skilled in the art, that without departing from the spirit and scope of the invention, the invention may be subject to various modifications and additional embodiments, and that certain of the details described herein can be varied considerably without departing from the basic principles of the invention. Such modifications and additional embodiments are also intended to fall within the scope and spirit of the invention appended claims.

**[0037]** What is claimed is:

1. In an exercise system including a elastomeric tube for providing resistive force, a tube connector, comprising:
  - a first cylindrical bushing having a threaded bore and an outer diameter dimensioned so as to allow tight insertion into the elastomeric tube;
  - a coaxially positioned second cylindrical bushing having a threaded bore of the same diameter as the threaded bore of the first bushing and an outer diameter smaller than the outer diameter of the first bushing by an amount approximating the width of the elastomeric tube, thereby defining an annular ridge; and
  - a threaded elongate member for securing said first bushing adjacent said second bushing;wherein the second bushing fits tightly within an involuted end portion of the tube and the annular ridge serves to preclude axial motion of the tube with respect to the first and second bushings.
2. The tube connector of claim 1, further comprising:
  - one or more threaded nuts disposed about the threaded elongate member for locking the relative positions of the first and second bushings.
3. In an exercise system including a elastomeric tube for providing resistive force, a tube connector, comprising: ✓
  - a cylindrical bushing having a threaded bore and an outer diameter dimensioned so as to allow tight insertion into the elastomeric tube; and
  - a threaded elongate member screwable into the cylindrical bushing;wherein the cylindrical bushing fits tightly within an end portion of the tube.
4. The tube connector of claim 3, wherein the end portion of the tube is involuted.

5. The tube connector of claims 1-4, wherein the threaded elongate member terminates in means for connecting the threaded elongate member to a modular component of the exercise system.
6. The tube connector of claim 5, wherein the modular component is a rigid bar.
7. The tube connector of claim 5, wherein the modular component comprises rings attached to a limb-engaging member.
8. The tube connector of claim 7, wherein the rings are composed of metal or fabric.
9. The tube connector of claims 1-8, wherein the bushings are composed of metal.
10. The tube connector of claims 1-9, wherein the elastomeric tube has a width between 1/16" and 1/4".
11. The tube connector of claims 1-10, wherein the elastomeric tube is composed of latex.